

A Guide to the Twin Cities...on the Cheap.

Getting Around Town

KNOW YOUR NEIGHBORHOODS

Map of Saint Paul neighborhoods: <http://stpaul.gov/DocumentView.aspx?DID=5055>

Map of Minneapolis neighborhoods: <http://www.ci.minneapolis.mn.us/about/maps/neighborhoods.pdf>

PUBLIC TRANSPORTATION

***Metro Transit (www.metrotransit.org)**

Public Transportation in the Twin Cities is not equivalent to that in any big city (NYC, Boston, Chicago, DC) but there is a bus system that covers both cities (with limited access to some suburbs) and a short light rail line (connects downtown Mpls with the Airport and Mall of America). Plan your trip online with the trip planner and look up schedules for your favorite routes. Hi-Frequency routes and Limited Stop routes are the most convenient.

Fare: Rail tickets can be purchased with credit card or bigger bills but exact change is required for bus fare.

Frequent Rider Bus Passes: You can order a discounted bus pass.

Bike + Bus: Take your bike on the bus (a bike rack on front) or on the light rail (bike racks inside).

Guaranteed Ride Home: If you ride the bus (or say you ride the bus), you can sign up for this program and get two vouchers (up to \$25) to use for cab fare every 6 months. You have to pay upfront, get a receipt from the cabbie, and then mail it in with the voucher to get a check.

BIKE COMMUTING

If you choose to bike commute part-time or full-time, make sure to pick up a map of bike lanes and paths in the Twin Cities, sold for \$10 at most bike shops.

***Express Bikes** (St Paul: 1158 Selby Ave) sells cheap, refurbished bikes.

***The Hub Bike Co-Op** (Minneapolis: 3020 Minnehaha Ave. S. AND 301 Cedar Ave. S)

This worker owned and operated shop sells new and used bikes and all kinds of accessories. You can also rent time with a stand and tools if you know how to fix your bike. Otherwise, you can pay for the experts to tune it up.

***The Grease Pit Bike Shop** (Minneapolis: 1507 S. 6th St.)

By bike, just take the bike trail that goes along the light rail line, and get off right behind the Riverside Towers. This shop is open in the evenings during weekdays (closed Friday) and during the afternoon on the weekend. It's a small space with 4 stands, all the tools and used parts you would ever need, and a stereo. Donations are accepted to use the space, tools, parts, etc. The owners pay rent on the space with donations and money they make from putting together bikes from used parts and selling them.

***Bell Museum of Natural History** (at the U of M)

Watch for Bike-in movies!

Food:

Eating out is not a huge part of the AmeriCorps year but cheap restaurants and delis do exist in the Twin Cities areas. When you do decide to splurge, consider the affordable and/or tasty options below.

FAVORITES OF LOCALS:

IN SAINT PAUL:

ACME Deli (1552 St. Clair Ave) Big, delicious sandwiches made with fresh bread and ingredients

Black Sea Restaurant (737 Snelling Ave N.) Turkish food
Boca Chica Taco House (407 Wabasha St.) Tacos on St Paul's West Side
Bread & Chocolate (Victoria & Grand) Good for breakfast baked goods
Café Latte (Victoria & Grand) Salads, soups, pizza and crazy desserts
Coffee News Café (1662 Grand Ave) Coffee, wireless and amazing desserts
Cossetta's Italian Pizzeria (211 7th St. W.) Good pizza, fast Italian, near downtown
Day by Day Café (477 7th St. W.) Excellent for breakfast!
El Burrito Mercado (175 Cesar Chavez St.) Excellent restaurant and market on St Paul's West Side
Neighborhood Café (Selby and Snelling) Good for breakfast
Ngon Vietnamese Bistro (799 University Avenue West) Excellent, excellent Vietnamese food
Nina's Café (165 Western Ave. N.) Coffee, wireless and the best apple fritters in town
Pizza Luce St Paul (1183 Selby Ave.) A little pricey, but excellent and eclectic pizza
Russian Tea House (1758 University Ave. W.) Go Fridays for Stroganoff and get a chocolate, poppy-seed roll
Taste of Thailand (1669 Selby Ave) Family-owned, Thai food

IN MINNEAPOLIS:

Al's Breakfast (413 14th Ave. SE) Breakfast in Dinkytown
Café Barbette (1600 W. Lake St.) Expensive but lovely
Dunn Bros (everywhere) Coffee and wireless
Eat Street (Nicollet Ave. between Franklin Ave. and 28th St.) Lots of great, local restaurants
Falafel King (Lake St. & Lyndale Ave.) Deli style Greek food. Take it to go or sit inside/outside
Galactic Pizza (2917 Lyndale Ave. S.) Pizza...locally sourced and eclectic
Gandhi Mahal (3009 27th Ave. S.) Excellent Indian food
Holyland Deli (2513 Central Ave NE) Excellent Greek and Mediterranean food, buffet
Maria's Café (1113 E Franklin Ave.) Cheap and delicious mammoth pancakes and Colombian cuisine
Quang Restaurant (2719 Nicollet Ave.) Excellent and cheap Vietnamese
Red Dragon (2116 Lyndale Ave. S.) Chinese food, sit down
Seward Café (Franklin & 22nd) Awesome brunch
Uptown Bar & Café (3018 Hennepin Ave.) Hipster hangout. Food and live music

To Drink, Dance and be Merry:

*Happy Hour Search Engine: www.thriftyhipster.com – just enter a time and day of the week, and the locations of any specials (food and drink) at all bars in the Twin Cities are revealed!

FAVORITES OF LOCALS:

IN SAINT PAUL:

Billy's (857 Grand Ave) Apps and drink specials Sun-Thurs 9-11pm
Blue Door Pub (1811 Selby Avenue) Great burgers/Juicy Blucys, good beer
Chatterbox Pub (800 Cleveland Ave. S.) Tons of games, beer and food
Dubliner Pub (2162 University Ave. W.) Irish, dancing sometimes, a bit of a scene
Great Waters (426 St. Peter St) Microbrew in Downtown St Paul
Green Mill (Hamline & Grand Ave) Drinks/apps, trivia on Mon & Tues at 9pm
Happy Gnome (498 Selby Ave) Good for beer and patio-time
Liffey Irish Pub (175 7th Street West) Irish, good patio, near downtown
Sakura Sushi Bar (350 Saint Peter St) Great happy hour sushi prices, downtown
Sweeney's Saloon (96 Dale St.) Heated patio, cheap beer, great bar food (Willy's favorite)
The Groveland Tap (St Clair & Fairview) Cheap beer and a good neighborhood scene

The Muddy Pig (196 Dale St. N.) Best beer selection

The Nook (492 Hamline Ave S) \$1 Burgers on Mon nights, drink specials Tues-Sun...it's a fan favorite

Turf Club (1601 University Ave.) Tons of live music, small cover, and drinks

IN MINNEAPOLIS:

Blarney Pub & Grill (412 14th Ave. SE) Live music, no cover, wings special on Wed

Burrito Loco (418 13th Ave. SE) Wings & trivia on Wed nights

Buster's On 28th (4204 28th Ave.) Great food, excellent drinks (Willy's favorite out side St Paul)

Chatterbox Pub (2229 E. 35th St.) Tons of games, beer and food

Chino Latino (2916 Hennepin Ave) \$\$\$, drinks, tasty apps, great atmosphere

First Avenue (701 First Ave N, Mpls) Salsa dancing after 10pm Thursdays, FREE with/a student ID!

Fuji-Ya (Lyndale & Lake) Has discounted SUSHI, Saki and wine

Gasthof zur gemutlichkeit (2300 University Ave NE) Shoot the boot, dance, German theme

Glueks (16 N. 6th St.) Live band karaoke

Green Mill (2626 Hennepin Ave) Drinks/apps

Hard Times Cafe (1821 Riverside Ave) 24-hour coffee shop. Eclectic crowd.

Herkimer Pub (2922 Lyndale Ave S.) Free shuffleboard, homemade brews, "great for Packers games"

Liquor Lyle's (2021 Hennepin Ave. S.) Cheap deals ALL the time

Matt's Bar (3500 Cedar Ave. S) Legendary for Minnesota's own...Juicy Lucy burgers

Nomad World Bar (501 Cedar Ave. S.) Trivia night on Mon. International beer selection. Live music, free pool (only one table)

Psycho Suzi's (2507 Marshall St. NE) Tiki-lounge cheap drinks

Red Dragon (22nd & Lyndale) Drinks are \$10 but you ONLY need one

Rudolph's (Lyndale & Franklin Ave) Has 2-for-1 rail drinks and tap beers after 10pm daily

Solera (900 Hennepin Ave) Tapas, beer, and sangria

Town Hall Brewery (1430 Washington Ave S.) \$1 pints the day a new beer is released. Free Birthday pint. Best beer in the TC.

The Library (1301 4th St SE) Live music Thurs-Sun, cheap wings and drinks

The Independent (Lake & Hennepin) Hip atmosphere and good specials

Tracy's Saloon (2207 E Franklin Ave) Cheap food & drinks

OTHER SUSTENANCE OPTIONS:

El Burrito Mercado (Saint Paul: 175 Cesar Chavez St.)

Excellent restaurant and market on St Paul's West Side – I only get avocados from there.

Midtown Global Market (Minneapolis: Chicago Ave and Lake St.)

This bustling food and craft marketplace offers ethnic foods from across the globe, an organic produce vendor, crafts, coffee shops, Dos X happy hours, and free Wi-Fi. It is accessible by bus, car or bike (via the Midtown Greenway).

Farmer's Markets (June to the end of Oct)

Check out this website to find a Farmer's market near you in Hennepin or Ramsey County

www.landstewardshipproject.org/farmers_markets.html.

Co-Ops

Be a working member and get discounts (see the volunteer and save \$ section below).

EBT Card (i.e. Food Support/Stamps)

Consider applying for Food Support: the convenient EBT card (use it like a debit card).

Things To Do:

COMEDY

***ACME Comedy Company** (Minneapolis: 708 N. 1st St.)

FREE for you and five buddies during the month of your birth on Tues, Wed, or Thurs; \$5 Tues-Thurs with

College ID.

***Brave New Workshop** (Minneapolis: 2605 Hennepin Ave)

FREE late night admission, (Fridays @ 10pm; Saturdays @ midnight). Improv comedy for \$1 on Tuesdays (7:30 pm), Sundays (8pm).

COMMUNITY EDUCATION

All types of classes including dance, language, cooking, art, home repair etc. are taught in Mpls. and St. Paul public schools and community centers in the evenings and on weekends.

Minneapolis: <http://commed.mpls.k12.mn.us/>

You can search all the different classes on the website, and register online.
Fall 2010: registration begins in September, classes begin Oct 1

St. Paul: <http://www.commedprograms.spps.org/>

The course catalog is available on the website. You can register online.

EXERCISE

***Cities Sports Connection Leagues** (<http://www.cscsports.com>)

High-quality adult recreational sports leagues (including indoor & outdoor soccer; beach, grass & indoor volleyball; indoor & outdoor touch football; broomball; softball; basketball; bowling; kickball & more...).

***YWCA and YMCA** (St. Paul and Minneapolis)

Both cities have both types of Ys but keep in mind that if you are a YWCA member in St Paul, you can only go to the YWCA branch in St Paul, not YMCAs or any YWs in Minneapolis. Keep in mind that you may be able to participate in pick-up Basketball nights or Community Nights at these facilities without being a member.

Ask at the Y or community center near your house.

Sliding Scale Membership Fee: Because VISTA member have such a low living stipend, you can apply to get financial assistance and pay a lower membership fee and no joiner's fee! Check out how to apply below.

St. Paul or Minneapolis YMCA: Pick up a financial assistance packet for membership at any branch. When you have completed the forms and gathered the required information, call Member Services to schedule an appointment to review your application.

St. Paul YWCA: pick up an application at the Selby and Western branch.

Minneapolis YWCA: Print the application form from the website and turn it in at any branch.

<http://www.ywca-minneapolis.org>

MOVIES

Discount movie theaters:

***College Campuses** (all over)

Ask recent alums (ie your co-workers) from Twin Cities colleges and universities if they know where free movies are shown and when. Many of these events do not require college IDs.

***Riverview Theater** (Minneapolis: 3800 42nd Ave South)

Shows popular, indie and cult films, as well as sporting events. "Best popcorn in town."

***Hopkins Cinema 6** (Hopkins 1118 Main street - just west of highway 169)

Tickets are \$2, but only \$1 on Tuesdays. Call 952-931-7992

MUSEUMS, PARKS, ZOOS AND HISTORICAL SITES

***Como Park Zoo and Botanical Garden** (St. Paul: 1250 Kaufman Dr, St Paul)

Saint Paul's Gem. FREE admission, but there's a \$2 suggested donation to keep it running.

***Science Museum of Minnesota** (St. Paul: 120 W. Kellogg Blvd.)

Super discounted rate if you bring your EBT card; only \$3!

***The Minneapolis Institute of Arts** (Minneapolis: 2400 3rd Ave S, Mpls)

FREE with free parking every day. Hours: Th 10am-9pm; Tu, Wed, Fri, Sat 10am-5pm; Sun 11am-5pm.

***Walker Arts Center** (Minneapolis: 1750 Hennepin Ave)

FREE every Thursday evening from 5–9 pm

FREE the first Saturday of each month.

***Minneapolis Sculpture Garden** (across from the Walker Art Center)

FREE Open daily, 6 am-midnight. (Yes, this is the location of the cherry and the spoon!)

***The Weisman Art Museum** (Minneapolis: 333 E River Pkwy)

FREE modern art museum located on the U of M campus.

***Minnesota Museum of American Art** (St. Paul: 50 W. Kellogg Blvd.)

FREE general admission, new exhibits every month, Hours: Tu, Wed, Fr, Sa: 11-4; Th 11-8; Sun 1-5pm,

***Museum Adventure Pass** (Any St Paul or Minneapolis Public Library)

Go to any library branch and see which museum passes are available to check out. Use your library card to check out a Museum Adventure Pass and get free admission for up to four people at the museum you chose. The pass must be used within a week of checking it out. *Participating Museums:* American Swedish Institute, The Bakken Museum, Bell Museum of Natural History, Como Park Zoo and Conservatory, Gibbs Museum of Pioneer and Dakotah Life, Historic Murphy's Landing, Mill City Museum, Minnesota History Center, Minnesota Landscape Arboretum, Minnesota Museum of American Art, Minnesota Zoo, The Museum of Russian Art, Science Museum of Minnesota, Twin Cities Historical Sites: Alexander Ramsey House, Historic Fort Snelling, James J. Hill House, Oliver H. Kelly Farm, and Sibley House.

FAVORITE PARKS:

***Phalen Park** – nice trail around the lake, hop on the Gateway bike trail from the top of the lake!

***Hidden Falls-Crosby Farm Regional Park** – great trails along the Mississippi in Saint Paul.

***Pike Island Park** – of great historical significance and beautiful trails.

***Uptown Lakes** (Harriet, Calhoun, and Isles) – crowded but quintessential Minneapolis.

***Cherokee Park** – great view of downtown St. Paul and the river

***Theodore Wirth Park** – bird sanctuary, bike path, bog.

READING

***Public Libraries** (St Paul or Minneapolis)

Stop by a branch and apply for a card. If you already have a library card in St Paul but moved to Mpls, bring your old card, and vice versa. You can request books/DVDs/CDs to be delivered to the branch that is most convenient for you. For those from out of state, and no MN license, bring a piece of mail verifying your address when you apply.

***booksfree.com**

It's like netflix, but with books! A monthly fee as low as \$10 (for 2 books at a time) with perks such as unlimited rentals, free shipping (both ways), no due dates, no late fees, and you can cancel at anytime. Also, you can sell your used books to booksfree and then use the credit to purchase books from them!

Used book stores:

***Common Goods** (St. Paul: Selby & Western)

***Half Priced Books** (St. Paul: 2041 Ford Pkwy)

***Sixth Chamber** (St. Paul: Grand & Hamline)

THEATRES

***Fitzgerald Theatre** (Saint Paul: 10 Exchange St. E.)

Best known as the home of Garrison Keillor's *Prairie Home Companion* – rush tickets available.

***Penumbra Theatre Company** (Saint Paul: 270 Kent St.)

Theater focused on presenting the African American experience and traditions.

***History Theatre** (Saint Paul: 30 East 10th St.)

***The Children's Theatre Company** (Minneapolis: 2400 3rd Ave S)

Rush tickets as low as \$13, available 15 min. prior to every performance. No credit cards.

***The Guthrie Theater** (Minneapolis: 818 South 2nd St.)

Rush tickets are on sale 10 minutes before every performance. Get there and in line 45 min. early. Rush line accepts cash/check only. \$15 for previews; \$20 for weeknights and matinees; and \$25 for Friday and Saturday nights and openings. You can also sign up on their website for the Guthrie G-mail club, where they'll sometimes let you know of discounted tickets (usually half price) that you can get in advance.

***The Orpheum, State, and Pantages Theatres** (Minneapolis) and the **Ordway** (St. Paul)

Big performing arts centers that bring in national tours of Broadway shows throughout the year, and normally have rush tickets when the shows are not sold out. Every tour varies a bit, but just give the box offices a call.

***Mixed Blood Theater** (Minneapolis: 1501 S 4th St.)

They have student discounted tickets, depending on the production. This company founded on cultural pluralism and is very focused on multi-racial and color-blind work. They also heart volunteers.

***The Southern Theater** (Minneapolis: 1420 Washington Ave S)

Student rush tickets are \$10, cash. Get there at least 1 hour before a performance to get on the rush list. If you like dance-theatre and movement performance, the Southern will be of interest to you.

SPORTING EVENTS

Professional sports:

Minnesota Twins (Minneapolis at Target Field) Major League Baseball American League

Wed night games: tickets are \$5 (\$4 student ID) & \$1 hotdogs.

Specials everyday (check the website)

St. Paul Saints (St. Paul at Midway Stadium) Baseball, American Association

Cheap tickets, cheap beer, and "more fun than Twins games".

Minnesota Timberwolves (Minneapolis at Target Center) Basketball, NBA

Minnesota Lynx (Minneapolis at Target Center) Basketball, WNBA

Cheap tickets, buy 3 get 1 free.

Minnesota Ripknees (St. Paul at Roy Wilkins Auditorium) Premier Basketball League

Minnesota Vikings (Minneapolis at the Metrodome) NFL

Minnesota Wild (St. Paul at Xcel Energy Center) Ice-Hockey, National Hockey League

Minnesota Thunder (St. Paul at James Griffen Stadium) Soccer USL First Division

1st game of the season is free

Minnesota Swarm (St. Paul at Xcel Energy Center) Indoor Lacrosse, National Lacrosse League

Minnesota RollerGirls (St. Paul at Roy Wilkens Auditorium) Awesome...

College Sports: (check the schools' Athletics webpage for schedules)

***Division I:** Big Ten Conference

University of Minnesota Golden Gophers

***Division II:** Northern Sun Intercollegiate Conference

Concordia University

***Division III:** Minnesota Intercollegiate Athletics Conference

Hamline University, Macalester College, St. Thomas University, St. Catherine's University, Bethel College, and Augsburg College

OUTDOOR FREE EVENTS

All season outdoor free events

***Saint Paul Winter Carnival** - in St. Paul, fun winter events in January and February

***May Day Parade** - on Bloomington Ave in Minneapolis

***Cinco de Mayo Festival** - in St. Paul

***Grand Old Days** - on Grand Ave in St. Paul in June

***Taste of Minnesota** - in St. Paul in July

Clothes, Furniture & Household Items:

***Savers Thrift Store** (Minneapolis: 2124 E. Lake St. AND St. Paul: 235 E. Maryland Ave.)
Open M-Sa 9-9. Sun 10-6

Watch out for 50% off days, which occur periodically throughout the year. Bring one or more things to donate, and receive 20% off your entire purchase. Returns are good for store credit only; bring the receipt and item back within 10 days of the purchase.

***Salvation Army** (Minneapolis: 900 N 4th St.) To get there, go west on Washington, take a left on 10th Ave, go two blocks and park underneath the highway.

This store is very different from most thrift stores because there is an entire floor (the basement) where Target ditches its unused products. Some are samples, some are irregulars, and some just didn't sell. It's a popular spot so it's often busy but the merchandise is constantly new. Beware: there are no dressing rooms so wear shorts or a skirt to try stuff on!

***Plato's Closet** (Roseville: 2100 North Snelling Avenue -- in the Har Mar Mall)

You can sell your old "gently used" clothing and then use store credit to buy replacements. This branch is located directly north of the office in the suburb of Roseville. There are a few other branches in other farther out TC suburbs.

***Axe Man Surplus** (St. Paul: 1639 University Ave AND St. Louis Park: 8008 Minnetonka Blvd.)

Everything you didn't even know you wanted or needed.

***www.twincitiesfreemarket.org**

The Free Market is a listing service for residents who want to give or get free reusable goods for the home, garage and garden. It is part of an effort to reduce the amount of reusable goods being thrown away.

***www.craigslist.com**

A website to find a roommate, apartment, a part-time job, tennis partner, and free or very cheap things.

Cheap Travel:

***MEGABUS.com**

From the Chicago Hub, Megabus routes connect big cities in the Midwest with daily direct bus rides. The only trip from Minneapolis is to Chicago. Ticket prices are as little as \$1 (when bought months in advance) but become more expensive as the bus fills up. Each passenger is allowed 1 suitcase (50lb limit) and 1 carry-on.

***farewatchers** or **netsavers** lets you sign up with your favorite airlines for cheap last minute flights (ex. \$99 weekend fare from MSP to Chicago ORD on American).

***kayak.com**

This website searches ALL airlines and presents you with the total price (with all taxes and fees included). You can also look at the price trend for a certain flight and search with flexible dates. This site is awesome.